

Banana Doughnuts 香蕉甜甜圈



Ingredients:

3 ripe bananas, 200g flour, 100g La Perruche brown sugar, 1 egg, 1 lemon, 1 vanilla pod, 6 level teaspoons baking powder, icing sugar, frying oil.

Preparation:

1. Mix the flour, baking powder and the egg in a bowl. Split the vanilla pod and scrape out the seeds using a knife. Mix well.
2. Heat the frying oil. Peel the banana and cut it into rounds. Put them on a plate and sprinkle on the La Perruche brown sugar and the lemon juice. Leave to marinate for 5 minutes.
3. Drain the rounds and put them in the dough. Fry them in hot but non-smoking oil until golden brown.

Tips: Serve the doughnuts sprinkled with icing sugar.

配料: 3 根香蕉, 200g 面粉, 100g 鸚鵡牌黄方糖, 1 个鸡蛋, 1 个柠檬, 1 根香草棒, 6 勺烘焙粉, 冰糖, 食用油。

制作方法:

1. 将面粉、烘焙粉和鸡蛋倒入碗中并混合, 再用小刀将香草棒抛开并取出其籽, 将香草棒放入碗中一起混合制成面团。
2. 将油加热待用, 然后把香蕉去皮并切成小圆片, 将它放在盘中, 再放入已被磨碎的黄方糖并倒入柠檬汁, 浸泡大约 5 分钟。
3. 将香蕉片撩起沥干, 将其包裹在面团中, 然后放入油锅中直到呈金黄色即可。

